SAFE & SUPPORTIVE SCHOOLS PROJECT
AMERICAN PSYCHOLOGICAL ASSOCIATION

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ENGAGING PARENTS AS PARTNERS IN ADOLESCENT HIV/STD PREVENTION

A Toolkit for State Education Agency Leaders, School District Leaders, and School Staff

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INTRODUCTION

Parent engagement in schools has been identified as a promising protective factor for the prevention of HIV and other sexually transmitted diseases (STDs) among adolescents.[1,2] Research highlights the importance of parents in reducing adolescent sexual risk, such as delayed onset of sexual activity, fewer sexual partners, and increased use of condoms and other contraceptives if adolescents do choose to have sex.[3,4,5] Further, when students feel that their parents are engaged in their school lives, they are less likely to participate in risky behaviors that are associated with HIV and STD risk, such as substance abuse and violence.[6,7]

Purpose of this toolkit

State education agencies, district leaders, and school staff all play an important role in engaging parents in efforts to support adolescent HIV and STD prevention. Yet, few parent engagement resources emphasize the connection between parent engagement and adolescent HIV/STD prevention outcomes.

This toolkit is a supplement to the Centers for Disease Control and Prevention's document *Parent Engagement: Strategies for Involving Parents in School Health*, which presents research on parent engagement as a protective factor to support adolescent health and avoidance of risk behaviors. The CDC document outlines six specific parent engagement strategies supported by research and recommended by experts from the CDC and a panel of advisors. The strategies include:

- Provide parenting support
- Communicate with parents
- Provide a variety of volunteer opportunities
- Support learning at home
- Encourage parents to be part of decision making at school
- Collaborate with the community

The CDC document provides concrete suggestions for making initial connections with parents, engaging parents through the six strategies, and sustaining the parent relationship.[8] It also provides ideas for addressing common challenges to parent engagement.[9] An additional document from the CDC entitled *Promoting Parent Engagement in Schools to Prevent HIV and other STDs Among Teens: Information for State and Local Education Agencies* describes how the six parent engagement strategies can further support school-based efforts focused specifically on the prevention of HIV and other sexually transmitted diseases (STDs).

Building from these CDC documents and drawing upon research linking parent engagement in schools to adolescent HIV and STD prevention, the APA created this toolkit to centralize parent engagement resources that focus specifically on the prevention of HIV and other sexually transmitted diseases (STDs). The toolkit describes each of the CDC recommended parent engagement strategies, reviews the research supporting each, and provides resources that may support state education agencies, district leaders, and school staff in parent engagement efforts focused specifically on the prevention of HIV and STDs.

Terms used in the toolkit

Parents refers to the adult primary caregivers who provide an adolescent's basic needs. This includes biological parents; other biological relatives such as grandparents, aunts, uncles, or siblings; and non-biological parents such as adoptive, foster, or stepparents. Although the influence of other trusted adults is important, primary caregivers have a unique role given their responsibility to provide for a young person's basic needs.

Families refers to the network of biological and non-biological relatives who have a regular and persistent influence on an adolescent. "Families" is sometimes used interchangeably with "parents" in research and resources.

Parent engagement in schools is defined as parents and school staff working together to support and improve the learning, development and health of children and adolescents. Parent engagement in schools is a shared responsibility in which schools are committed to reaching out to engage parents in meaningful ways, and parents are committed to actively supporting their children's and adolescents' learning and development. Parent engagement may occur in different settings, both within and outside of the school building including settings such as community organizations, online, and at home.[10]

HOW TO USE THIS TOOLKIT

This toolkit is meant to provide state education agencies, district leaders, and school staff with a customizable parent engagement approach that can be adapted to meet the needs of students and parents. The toolkit is organized around two tailored approaches to parent engagement for HIV/STD prevention—a) engaging parents in school-based HIV/STD prevention activities and b) engaging parents to support HIV/STD prevention outside of school.

The toolkit begins with an introduction to parent engagement, and provides resources for establishing family-school-community partnerships. The inclusion of general parent engagement resources is based on the premise that when parents are already engaged in their children's school lives, they can be more easily engaged in HIV/STD prevention efforts. Establishing a family-school-community partnership program can serve as an entry point to engage all parents and families and serve to promote the academic achievement and well-being of all students.

To support parent engagement for HIV/STD prevention, state education agency staff and district leaders may consider starting by convening a diverse group of stakeholders: students, parents, community members, and school staff to assess the school district and schools existing parent engagement efforts. Reviewing relevant data about the needs of students and parents in the community may necessitate conducting a survey of parents to discern specific needs. State education agencies, districts, and school staff can use this toolkit in a variety of ways to enhance existing activities and assist in establishing new activities.

State education agency staff can use this toolkit to:

- Educate stakeholders about the importance of parent engagement for adolescent health promotion and HIV/STD prevention efforts.
- Provide professional development to help school district and school staff in the development of policies and practices to engage parents in school health.
- Create state wide policies or policy guidance on family-school partnerships and parent engagement in school-based HIV/STD prevention, specifically.

School district staff can use this toolkit to:

- Educate stakeholders about the importance of parent engagement for adolescent health promotion and HIV/STD prevention efforts.
- Support schools in the development of a plan to engage parents in school health.
- Create a district wide policy/ and or program on school-family partnerships.

School staff can use this toolkit to:

- Identify concrete methods for engaging parents in activities that support adolescent HIV/STD prevention.
- Advise parent groups (e.g., parent teacher associations (PTA), school health advisory committees) on how best to communicate with and support parents.
- Disseminate the resources in this toolkit directly to parents to help support positive parenting practices, including parent-adolescent communication about sex, and parental monitoring of adolescents' behaviors.

There are four types of resources presented throughout the toolkit, each denoted with a symbol.

RESEARCH DOCUMENTS AND FACT SHEETS
Research documents and fact sheets include empirical evidence to support the importance of parent engagement strategies, and may be disseminated to school, community, or parent stakeholders.

PRACTICAL TOOLS FOR ADAPTATION AND USE
Practical tools are resources that can be used directly by district leaders, school staff, and parents, such as surveys, training guides, and tip sheets. Many of the practical tools can be adapted as needed.

SAMPLE POLICIES AND APPROACHES
Sample policies and approaches are examples of resources used in specific states or districts, which users can look to as a model for creating their own resources.

SPECIAL POPULATIONS
This symbol indicates a resource that is oriented to at least one of the following specific populations at disproportionate risk for HIV and STDs—LGBT youth, Black youth, or Latino youth. Given that these groups are not mutually exclusive, we also address resources relevant to intersectional identities.

STARTING FROM FAMILY-SCHOOL-COMMUNITY PARTNERSHIPS

Any targeted parent engagement effort, such as parent engagement in adolescent HIV/STD prevention, can bolster its success by drawing upon existing family-school-community partnerships.* Family-school-community partnerships are a cooperative process wherein school staff make an effort to engage families, community organizations support local schools, and families support their children's' learning.[11] Research has demonstrated that parent and community engagement in schools has lasting positive impacts on student learning, including improving student attendance, increasing student motivation, and improving student grades.[12] Longitudinal research conducted by the Consortium on Chicago School Research demonstrated that for struggling schools, parent and community ties are one of the five essential supports needed to improve school performance.[13]

* The term family-school-community partnerships is used interchangeably with school, family, and community partnerships in research and resources.

A large body of research has been conducted on strategies to create family-school-community partnerships as a means of long-term engagement of parents. Any state education agency, school district, or school that undertakes targeted parent engagement related to HIV/STD prevention should consider beginning by building family-school-community partnerships. Resources such as the National Network for Partnership Schools (NNPS) at Johns Hopkins University, provides professional development to strengthen leadership for strong and sustainable programs of partnerships in schools, districts, states, and organizations to increase student success in school. The National Education Association's *Family-School-Community Partnerships 2.0 Collaborative Strategies to Advance Student Learning* suggests key strategies for building effective partnerships. The American Institutes for Research and U.S. Department of Education's *Partners in Education: A Dual Capacity-Building Framework for Family-School Partnerships* provides comprehensive guidance for building school family partnerships based on a framework that employs research on adult learning, family-school partnership strategies, and leadership development. The National Association for Family, School, and Community Engagement's Policy Examples provides federal, state, and district policy examples that can be used by state education agency and school district leaders to create state or district policies or policy guidance on school–family partnerships and parent engagement in school-based HIV/STD prevention, specifically.

These and other resources can be used to establish a general approach to parent engagement to serve as a basis for a tailored approach related to HIV and STD prevention. Building sustainable parent engagement through family-school-community partnerships is an essential component of creating long-term sustainability for parent engagement in HIV/STD prevention. When parents and communities are already engaged in supporting student learning, they will be more likely to participate in specific practices that support adolescent HIV/STD prevention.

ENGAGING PARENTS IN SCHOOL-BASED HIV/STD PREVENTION ACTIVITIES

Parent engagement in school is recognized as a promising strategy for reducing adolescent sexual risk.[14] School staff play a critical role in engaging parents in HIV/STD prevention activities through targeted parent engagement efforts. This section outlines four key activities district leaders and school staff can implement to engage parents in the school-based HIV/STD prevention education of their children:

- Communicating With Parents About HIV/STD Prevention Services and Programs
- Communicating With Parents About Preventing Bullying and Sexual Harassment, Including Electronic Aggression
- Involving Parents as School Volunteers for Health Education
- Engaging Parents in Developing and Implementing School Health Policies and Programs

District leaders and school staff can make use of resources in this section to establish ongoing communication channels with parents, create a parent volunteer program, and establish advisory bodies where parents can contribute to HIV/STD prevention education in an ongoing way. In addition, school staff can utilize existing relationships with parents who support HIV/STD prevention education to communicate with and recruit other parents.

COMMUNICATING WITH PARENTS ABOUT HIV/STD PREVENTION SERVICES AND PROGRAMS

The CDC recommends that state and local education agencies establish channels of communication between school personnel and parents. Schools can utilize these communication channels to communicate regularly about HIV/STD prevention.[15]

Schools can improve the health of students through communication with parents and families about what their children are learning in health education classes and providing parents with opportunities for involvement in school health programs.[16] Any channel of communication that is established should be reciprocal so that parents can contact school teachers, administrators, and nurses about their availability to participate in health programming and about their children's health needs. According to a national survey, parents prefer electronic forms of communication, such as e-mail, e-newsletters, and online parent portals over traditional media communication forms such as newspapers, television, and district cable channels.[17] However school personnel should consider the needs and preferences of individual parents when possible. Schools should evaluate the effectiveness of communication channels through both formal and informal means. This might include assessing parent preferences for communication from schools or providing a survey to parents about how well communication channels are working for them.

RESOURCES

Sample Parent Notification Letters and Brochures
New York City Department of Education
Sample parent notification letters and brochures for parents let provide examples of how one school district communicates the skills and topics covered in comprehensive health education for all grades, recommendations, resources, and information about the parent opt process for some sexual health and HIV/AIDS lessons.

ParentCamp: The Unconference to Build Family, School and Community Partnerships
Gwen Pescatore and Joe Mazza with support from The EdCamp Foundation
This resource provides an overview of ParentCamp, a knowledge-sharing collaborative designed to increase communication between parents and educators through the forum of an unconference, a conference that depends entirely upon the knowledge of attendees. Unconferences are one idea for communicating with parents in a unique way, involving parents by drawing on the knowledge and experience of parents themselves. The Department of Education has promoted the establishment of ParentCamps across the country to grow relationships, establish communication between parents and schools, and provide a space for parents and school staff to share expertise and ideas.

Family-School Relationships Survey

Panorama Education

The Family-School Relationships Survey was developed at the Harvard Graduate School of Education to assess parent attitudes about family engagement, school connectedness, family efficacy, and barriers to engagement. The survey can be customized to include questions about the best ways to communicate with parents about important topics such as HIV/STD prevention.

Parent Action for Healthy Kids

Parent Action for Healthy Kids is a parent-founded organization that provides training and technical assistance on sex education and other health initiatives for parents, teachers, school administrators, public health professionals and community-based organizations using a parent-to-parent communication model. Schools can utilize a similar parent-to-parent communication model by enlisting parents who are already engaged in their children's HIV/STD prevention education as ambassadors to reach out with other parents.

COMMUNICATING WITH PARENTS ABOUT PREVENTING BULLYING AND SEXUAL HARASSMENT, INCLUDING ELECTRONIC AGGRESSION

Perpetrators and victims of bullying and sexual harassment may be more likely to have casual sex and sex under the influence of drugs and/or alcohol.[18] Parents play an important role in bullying prevention.[19] Research has shown that parents can support school-wide bullying prevention efforts by fostering coping skills in their children and providing emotional support to promote disclosure of bullying incidents.[20] In addition, research shows that parents can lessen the negative impacts of bullying by providing opportunities for prosocial involvement in the family.[21] Parents can also play an important role in bullying prevention outside of school by remaining vigilant of bullying behaviors at home among siblings or cousins[22] and by monitoring their children's online behavior to minimize the risk of cyberbullying.[23]

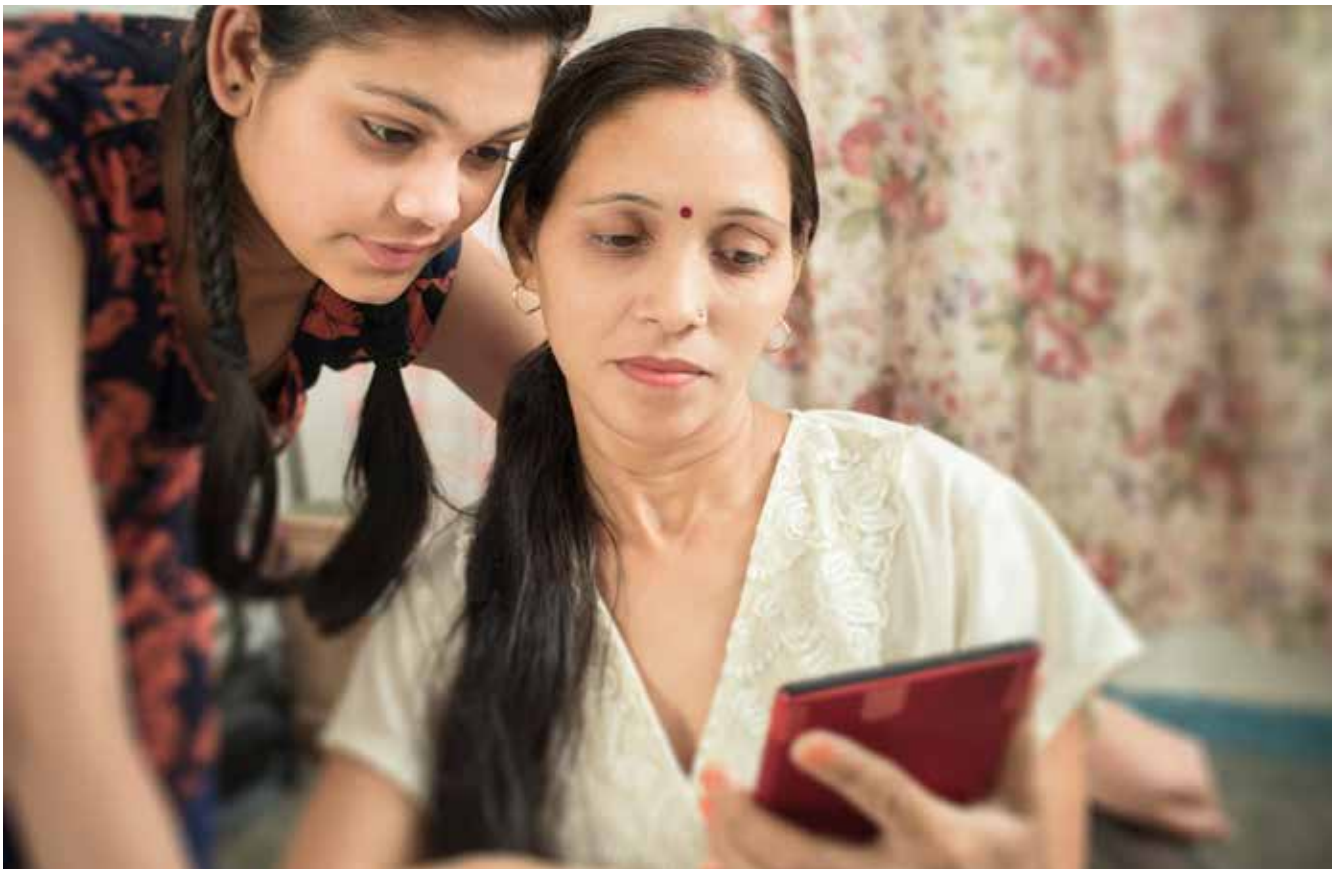
District leaders and school staff can support parents in bullying prevention by encouraging parent awareness of and intervention strategies for bullying and sexual harassment, including electronic aggression. School staff can distribute resources such as those that follow, which provide parents with information about the signs and symptoms of bullying, how to talk to their child about bullying, how to communicate their concerns about bullying to their child's school, and how to get involved in school-based bullying prevention efforts.

RESOURCES

Understanding the Roles of Parents and Caregivers in Community-Wide Bullying Prevention Efforts
StopBullying.gov & the Department of Health and Human Services
This resource provides comprehensive information on bullying and bullying prevention, including risk-factors, definitions, warning signs, tips for prevention and resources for seeking help. It is tailored to parents and caregivers, and provides information about the specific role they play in preventing and addressing bullying.

Resources about Cyberbullying for Parents
Cyberbullying Research Center
The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. The Parent Resource section includes information about sexting, information for parents about how to intervene with children who are cyberbullying and who are experiencing cyberbullying, as well as sample technology use contracts to establish an open line of communication regarding the child and parent expectations when it comes to using technology.

KnowBullying Prevention App
Substance Abuse and Mental Health Services Administration (SAMHSA)
This free app for parents provides resources for talking to their children about bullying. The app includes questions parents can ask their children to start conversations about bullying, reminders of the warning signs of bullying and tips for preventing bullying for different age groups. The app also includes a section for educators highlighting strategies for preventing bullying in the classroom.



INVOLVING PARENTS AS SCHOOL VOLUNTEERS FOR HEALTH EDUCATION

The CDC suggests that schools provide opportunities for parents to be involved in their children's school-based activities related to HIV and STD prevention because parent-centered programs are associated with reducing adolescent risk-taking behavior.[24] One way to involve parents is through volunteerism, both in the classroom and outside of the classroom.[25] Research shows that in addition to improving adolescent HIV/STD prevention outcomes, parent volunteerism in schools supports students' academic achievement,[26,27] decreases the likelihood that students will start smoking[28] and increases likelihood of engaging in moderate to vigorous physical activity each week.[29] Furthermore, parent presence in the classroom improves the delivery of health services and supports the creation of a healthy and safe atmosphere for students.[30,31]

Schools can encourage parents to volunteer in the classroom during activities related to HIV and STD prevention and can provide opportunities for parents to volunteer outside of the classroom. The following resources provide state and local education agencies and schools with ideas for how to engage parents as volunteers.

RESOURCES

Involvement Schools, Parents & You: A Training Manual for Parent Involvement
Texas Education Agency and Title I Statewide School Support/Parent Involvement Initiative
This resource provides guidance on involving parents as school volunteers through creating a parent-friendly school environment, encouraging parents to get involved with school-parent organizations (such as PTOs and PTAs) and creating a parental involvement policy. This resource is structured as a training manual and includes meeting guides, icebreaker activities and key discussion points for a variety of parent engagement topics. The manual can be used for training school staff on the importance of parent involvement or for training parents and families on how to be involved in their child(ren)'s school.

Volunteer Interest Survey (English and Spanish)
PTO Today
This is a detailed form for parents to fill out, marking the programs and committees for which they would like to volunteer. It also asks about personal talents they can share with the parent group or school. The middle section lists different tasks and interest areas is editable and could be a place to include opportunities for volunteering to support HIV/STD and pregnancy prevention efforts at the school or in the community. The survey is also available in Spanish.

ENGAGING PARENTS IN DEVELOPING AND IMPLEMENTING SCHOOL HEALTH POLICIES AND PROGRAMS

The CDC recommends that school districts provide parents with opportunities to offer input on school health policies, programs and curricula.[32] Research shows that schools that include a focus on engaging parents in decision-making related to health policies and programs increase the likelihood of improving students' health and education outcomes.[33] In addition, parent engagement in schools, including involvement in decision-making, is associated with improved student performance, better attendance and behavior, and increased preparedness for class.[34]

Parents face challenges to participating in decision-making, such as being unaware of opportunities to participate and perceiving that school health content does not have room for parent involvement.[35] Researchers recommend many strategies for overcoming these barriers to engage parents in developing and implementing school health policies and programs. Among these are for school staff to: a) communicate with families about opportunities for them to participate in school health advisory councils and/or committees b) meet with parent-teacher associations about school health policies and programs c) encourage families to enroll in health education classes d) request input from families about health policies and programs.[36] School health advisory councils, specifically, are an excellent way to engage parents in decision-making around school health policies, programs and curricula.

RESOURCES

Resources for Developing a School Health Advisory Council

Advocates for Youth Sex Education Resource Center

This resource describes the role of school health advisory councils in shaping sex education curricula and provides links to several resource manuals created by states to assist in the creation of a school health advisory council.

Health Education Curriculum Analysis Tool (HECAT)

Centers for Disease Control and Prevention

This resource provides tools for selecting high quality health education curricula. Schools can help engage parents in developing school health policies and programs by providing parent decision-making bodies such as school health advisory councils with tools such as the HECAT that they can use to select high quality health curricula for consideration.

A Parent's Guide to Understanding Sex Education in Your School: 2017 Toolkit

Future of Sex Education Initiative (FoSE)

This toolkit is a part of the Future of Sex Education Initiative (FoSE) Why Sex Ed. It gives parents tools to learn more about sex education at their child's school, including key questions they can ask their child, other parents/caregivers, and their student's health teacher. It also includes steps parents can take to learn more about state policy and the curriculum that is being taught, and checklists to help evaluate the curriculum.

Serving on Groups

Wisconsin Family Assistance Center for Education, Training, and Support

This resource can be helpful in preparing parents and other stakeholders to participate effectively in committees/councils to improve school health. Schools can provide such tools to parents who are interested in serving on decision-making bodies such as school health advisory councils to familiarize them with topics such as processes groups use to function effectively and skills for serving on groups.

ENGAGING PARENTS TO SUPPORT HIV/STD PREVENTION OUTSIDE OF SCHOOL

Engaging parents to support HIV and STD prevention messages outside of school, at home and in the community, provides students with consistent and reinforced messages about their health. Research has found that school programs and approaches designed with parent components in mind increase positive parenting practices related to adolescent sexual risk reduction.[37] School staff play a critical role in supporting positive parenting practices that reinforce adolescent HIV/STD prevention at home.

This section outlines four key strategies that district leaders and school staff can support by providing resources and encouraging school-parent communication:

- Encouraging Parent-Adolescent Communication About Sex
- Promoting Parental Monitoring of Adolescents' Behaviors
- Engaging Parents and Students in Health Education Activities at Home
- Supporting Parents to Ensure Their Children Have Access to High Quality HIV/STD Prevention Services

One way district leaders and school staff can support positive parenting practices is by sharing resources directly with parents. Resources can be sent out to parents via school communication channels: social media, listservs, website, or newsletters. Resources can also be made available as a handout during events when parents come to school: open-houses, parent-teacher conferences, or at extra-curricular events such as athletics events. The information can also be used in a parent group, parent university, or other parent focused educational opportunity.

ENCOURAGING PARENT-ADOLESCENT COMMUNICATION ABOUT SEX

Parents play a significant role in shaping their children's attitudes and behaviors towards sex. Nearly half of teens 12-19 years old report that their parents are the most influential factor in their decisions about sex, ranking above friends, teachers, sex educators, the media, siblings and others.[38] Research indicates that children who report talking to their parents about sex are less likely to have had sex, less likely to report an early sexual debut, and more likely to have had fewer partners if they have had sex.[39,40]

Despite these benefits, parents report facing challenges when talking to their children about sex. Among these barriers, parents report feeling uncomfortable or uncertain, worrying that their children are not ready to talk about sex, and being concerned that the conversation will encourage their children to have sex.[41]

District leaders and school staff can support parents by providing guidance on developmentally appropriate conversations about sexual development, sexuality, and sexual activity.[42] The following resources address a) understanding the stages of child sexual development and b) facilitating consistent, positive and open conversations with children about sex.

RESOURCES

Talking with Your Teens about Sex: Going Beyond "the Talk"

Centers for Disease Control and Prevention

This guide provides parents with recommended topics, approaches and further resources for talking to their children about sex. It also outlines research documenting the importance of parent-adolescent communication about sex in reducing adolescent's sexual risk taking.

Parent Sex Ed Center

Advocates for Youth

This online hub provides a variety of resources to support parents/guardians in communication, feeling comfortable and learning information to support their child's sexuality. Parent Sex Ed Center is part of a larger resource, Sex Education Resource Center, which provides resources for sex educators on a variety of topics.

Talking to Kids About Sex and Sexuality

Planned Parenthood Federation of America

This resource provides information and tips for parents about how to talk to their children about sex. It includes introductory videos on how to approach conversations about sex and sexuality and answers to parents' frequently asked questions about how to talk to their children about sex. This resource is part of a larger resource tub entitled Tools for Parents which includes resources for supporting teens with a variety of topics related to their health and sexuality.

THRIVE App

Society for Adolescent Health and Medicine

This free app for parents provides resources on how to start conversations with their children about health topics, including sensitive topics such as HIV/STD prevention. The app also includes a section for educators highlighting strategies for preventing bullying in the classroom.

PROMOTING PARENTAL MONITORING OF ADOLESCENTS' BEHAVIORS

The CDC recommends that schools emphasize to parents the importance of parental monitoring and its potential positive influence on adolescents' sexual behaviors.[43] Research has indicated that parental monitoring is associated with a variety of positive outcomes for adolescents, including delayed onset of sex.[44] Specific aspects of parental monitoring, such as parental knowledge of adolescents' companions, whereabouts, and activities and parental rule enforcement are associated with increased condom and contraceptive use in adolescents who do have sex.[45] Parental monitoring is especially important for vulnerable populations such as LGBT youth because LGBT youth are at high risk for depression, suicide and HIV and STD transmission. Parental monitoring can help teens feel safe and reduce their risk.[46]

District leaders and school staff can support parents in parental monitoring by communicating to parents how monitoring can reduce adolescents' sexual risk taking behavior. School staff can provide resources directly to parents that include concrete recommendations for monitoring. The following resources provide parents with recommendations for how to monitor their children's behavior.

RESOURCES

Monitoring your teen's activities: What parents and families should know

Centers for Disease Control and Prevention

This resource describes parental monitoring and presents research on why it is important. It provides parents with specific behaviors and strategies they can implement to better monitor their teen.

What should I teach my high school-aged teen about personal safety?

Planned Parenthood Federation of America

This resource provides an introduction to monitoring and boundary setting for teens. It addresses frequently asked questions about topics such as setting curfew, using discipline, helping teens set boundaries and asking teens about their activities.

Monitor Your Teen

Parent Up Vermont

This resource provides an introduction to monitoring teens, including an explanation of the research supporting monitoring. It includes a video for parents with tips on monitoring and features a list of specific parental practices related to monitoring and tips for implementing them.

ENGAGING PARENTS AND STUDENTS IN HEALTH EDUCATION ACTIVITIES AT HOME

The CDC suggests that schools provide opportunities for parents to be involved in their children's school-based HIV and STD prevention activities, for example through family homework assignments on HIV, STD and pregnancy prevention.[47] A sex education program that includes student-parent homework assignments has been associated with healthier behavior in adolescents, including increased likelihood of using contraception, increased likelihood of getting tested for HIV, reduced number of sexual partners, and greater self-efficacy for refusing high risk behaviors.[48,49,50,51]

Research has indicated that school-based HIV/STD prevention instruction that is supplemented with family homework assignments is more effective in increasing students' self-efficacy to refuse high risk behaviors than is school based instruction alone.[52] Furthermore, the addition of joint parent-child homework assignments to supplement HIV/STD prevention programming promotes communication between parents and children on topics related to adolescent sexual risk taking.[53,54] This is important because studies have indicated that parent-child communication about sexual health is a protective factor for adolescent health, associated with lower risk of HIV and STDs.[55,56]

RESOURCES

Family Activities to Promote Parent-Child Connectedness

Resource Center for Adolescent Pregnancy Prevention (ETR)

This resource provides homework activities on puberty, goal setting, and abstinence for parents and children to complete together. The assignments were designed to be used in concert with ETR's "Wait for Sex" after school program curriculum. Some of the activities can be adapted for use independent from the curriculum.

Health Promotion Programs for Educators and Schools

EDC

A series of online tools and resources that can be used in the classroom or shared with parents to help them guide their children to make healthy decisions. These resources include videos and audio recordings that can help parents address the following topics with their pre-teen and teen: peer pressures, dating, substance use, violence prevention, cyberbullying, and sex.

Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum

Advocates for Youth

This full sexuality education curriculum meets National Sexuality Education Standards, is informed by a strong evidence base, and includes individual lesson plans age appropriate to elementary, middle and high school. Individual lesson plans such as "Decisions, Decisions" contain homework assignments to be completed by students and their parents together. Most lesson plans can be adapted to further engage parents in joint parent-child assignments. While the curriculum was designed predominantly for use by educators, parents may find it useful to work through the included homework assignments with their children as a way to start conversations about sex.

SUPPORTING PARENTS TO ENSURE THEIR CHILDREN HAVE ACCESS TO HIGH QUALITY HIV/STD PREVENTION SERVICES

Access to high quality HIV/STD prevention services is a predictor of decreased sexual risk taking behavior and increased condom use.[57] School staff referrals to HIV and STD prevention services has been shown to be a significant predictor of whether or not students get tested.[58] School districts can provide students, parents and families with referrals to community resources to promote the use of reproductive health services.

Research shows that schools can link parents to health services and programs using a variety of strategies. School district staff can establish relationships with community-based health organizations in order to refer parents to trusted resources.[59] Schools can invite evidence-based, high quality, teen and LGBT-friendly health providers in the community to speak about the services they provide[60,61] and can allow the use of school facilities for health events inside and outside of school hours. In addition, schools can assist parents in identifying the characteristics of high-quality, youth-friendly health, mental health and social services and programs.

RESOURCES

Establishing Organizational Partnerships to Increase Student Access to Sexual Health Services: A Resource Guide for Education Agencies

CAI Global and National Coalition of STD Directors

This resource provides tools and guidance on developing and maintaining organizational partnerships in order to improve youth access to services. The resource defines levels of partnership, identifies strategies to engage parents in the development of policies and procedures to facilitate access to services, and provides tools to overcome barriers, establish common goals, and communicate partner feedback. The sections on Identifying Partnerships and Strengthening Partnerships may be particularly useful.

Model Joint Use Agreement Resources

Change Lab Solutions

This resource provides several model joint use agreements for allowing community organizations to use school property for health events. School staff who wish to utilize school property to expand health services to parents and families can use and adapt the model joint use agreements to create agreements with community-based health service organizations for the use of school facilities for health events inside and outside of school hours.

Characteristics of Youth-Friendly Clinical Services

Healthy Teen Network

This tip sheet provides an overview of the key characteristics of youth-friendly clinical services, including specific characteristics of youth-friendly programming, youth-friendly providers, and youth-friendly health facilities. This resource can be distributed to parents and families to assist them in identifying youth-friendly providers of high-quality HIV and STD prevention services for their children.

Adolescent Health Services and One-on-One Time with a Healthcare Provider: An Info Brief for Parents of Teens

Centers for Disease Control and Prevention

This resource explains the importance of allowing teens one-on-one time with a trusted healthcare provider in order to discuss teen's questions about HIV and STD prevention. It provides concrete strategies for parents to use to support their children in having one-on-one time with providers.

ENGAGING PARENTS OF YOUTH AT GREATEST RISK FOR HIV/STDS

ENGAGING DIVERSE FAMILIES

When engaging parents as partners in adolescent HIV/STD prevention, it is important to consider the needs of diverse families. Adolescents from specific populations including Black youth, Latino youth and LGBT youth often face greater risk of HIV and STDs.[62,63,64] Parent engagement is a key protective factor for adolescent HIV/STD prevention,[65,66] yet the needs of families from these populations are often left out of consideration when family support or engagement programs are developed.[67]

Families can face significant barriers to involvement in their children's school lives such as lack of access to transportation and childcare,[68] language barriers,[69] and lack of alignment between school programs and parents' cultural values.[70,71] District leaders and school staff can consider these barriers and the needs of diverse families when designing culturally relevant parent engagement opportunities. Research shows that culturally relevant programs are significantly more effective than programs targeted to all cultural groups without a specific cultural adaptation.[72,73]

In working to design parent engagement programs, District leaders and school staff can make use resources which provide best practices for engaging diverse families. For example, Hanover Research's *Best Practices in Engaging Diverse Families* presents research-informed strategies for engaging diverse families, with special focus on engaging African American and Latino families. It also provides case studies of school districts recognized for the successful engagement of diverse families. The Mexican American Legal Defense

and Educational Fund (MALDEF) and the National Education Association (NEA)'s *Minority Parent and Community Engagement: Best Practices and Policy Recommendations for Closing the Gaps in Student Achievement* discusses how to increase the active involvement of minority parents in their children's schools by identifying obstacles to such engagement and recommending strategies for parents, schools and communities to come together. The National Center for Research on Rural Education's *Family Engagement in Rural Schools* provides a brief overview of the importance of parent engagement in rural schools and a list of best practices for engaging rural families. The National PTA's Diversity and Inclusion Toolkit has resources to assist PTAs at all levels with creating diversity committees, policies, activities and events.. The American Association of Colleges for Teacher Education's *Culturally Responsive Parental Engagement* addresses common misconceptions about engaging diverse families and provides concrete suggestions for school teachers and administrators. Such resources can provide general guidance on how to increase cultural competency of school staff, build trust with diverse communities, and develop culturally-relevant programming. However, general resources should not be considered a substitute for engaging directly with community members to determine their unique needs.

SUPPORTING PARENTS OF YOUTH AT DISPROPORTIONATE RISK

When designing a tailored approach to parent engagement focused on HIV and STD prevention, it is important to utilize resources specific to those adolescents at disproportionate risk for HIV and STDs. This toolkit focuses on three such populations at disproportionate risk for HIV and STDs: LGBT youth, Black youth, and Hispanic/Latino youth, for whom promoting parent engagement related to HIV/STD prevention efforts is critically important. For these populations, culturally specific resources may be more useful in some cases than general resources.

SUPPORTING LGBT YOUTH

Adolescents who identify as lesbian, gay, bisexual or transgender are at higher risk of engaging in sexual risk-taking behaviors.[74,75] Research shows that gay, lesbian and bisexual youth are more likely to have engaged in a variety of behaviors associated with high risk of HIV/STDs including having sexual intercourse for the first time before age 13, having multiple sexual partners, and being less likely to have used a condom during last intercourse.[76] In addition, gay, lesbian and bisexual youth are more likely to report instances of physical and sexual dating violence and more likely to report being bullied at school or online.[77] Sexual minority youth whose parents are engaged and supportive experience better health outcomes.[78] For example, LGB adolescents whose parents support their sexual orientation are less likely to experience depression, attempt suicide, and use drugs.[79] Conversely, research shows that rejection by parents and family members about sexual orientation negatively impacts adolescent health including increasing the likelihood of sexual risk taking behavior.[80]

State education agencies and school district leaders can contribute to reducing the risk for LGBT students by consciously creating a safe and supportive environment. This may include outlining policies that specifically protect LGBT students, ensuring that school staff are trained in cultural competency related to the unique needs of LGBT students, and adopting curricula that include LGBT issues.[81] School staff can ensure that they are well-informed on LGBT issues and clearly indicate that their classrooms are safe spaces for LGBT students. In addition, school staff can provide resources to parents that speak specifically to how parents can support their LGBT children. Such resources, such as those outlined below, may assist parents with concrete strategies for supporting their children and reducing risk taking behavior.[82]

RESOURCES

A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children

The Substance Abuse and Mental Health Services Administration, HHS

This resource includes best practice guidelines for engaging diverse families to decrease their LGBT children's risk for suicide, homelessness, HIV and other negative outcomes. The comprehensive guide provides practitioners with information on the critical role of family acceptance and rejection in determining health outcomes for LGBT youth, including reduced sexual risk taking behaviors. The resource is based on research and core principles from the Family Acceptance Project.

Family Education Booklets

The Family Acceptance Project

This resource includes key information from research conducted by the Family Acceptance Project on how families can help support their lesbian, gay, bisexual and transgender (LGBT) children. Family education booklets are free to download and are available in English, Spanish and Chinese. The booklets have been designated as a "Best Practice" resource for suicide prevention for LGBT individuals by the national Best Practices Registry for Suicide Prevention.

Parents and Friends of Lesbians and Gays

PFLAG

The PFLAG website contains an abundance of resources for parents to support their children's psychological health and reduce risk taking behavior. The site provides access to information about relevant policy and media developments related to LGBTQ health and rights, answers to frequently asked questions on topics such as supporting LGBTQ children as a person of faith, and lists of resources such as crisis hotlines for LGBTQ individuals and families. Parents can use the PFLAG website to find their local PFLAG chapter through which they can access peer-to-peer support networks, community events, confidential monthly meetings, and listings of additional local resources.

Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth

Substance Abuse and Mental Health Services Administration

This report provides an overview of effective therapeutic practices for LGBTQ adolescents, and specifically reviews the lack of scientific support for and potential harm caused by conversion therapy, interventions aimed at changing a person's sexual or gender identity. The report discusses current scientific consensus about sexual orientation and gender identity as existing along a varied spectrum. It encourages families to accept their children's LGBTQ identities and reject conversion therapies and other damaging behaviors. This resource may be specifically helpful to parents with a limited understanding of the mechanisms of sexual orientation and gender identity or who do not fully support their children's LGBTQ identities.

Gender Spectrum

Gender Spectrum

The Gender Spectrum website contains an abundance of resources that may be useful specifically to parents of transgender youth. Among these resources are information about gender inclusive schools, guidance about the mental health, legal and medical issues transgender or gender-expansive teens may face, information about in-person and call-in support groups, and access to an online community called The Lounge where parents and teens can connect, ask questions and share information and experiences.

Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know

Centers for Disease Control and Prevention

This resource provides parents with information about how they can influence the health of their lesbian, gay, or bisexual (LGB) teen. The resource provides specific actions parents can take to support LGB teens including providing support, monitoring their teen, staying involved in their teen's life, and being proactive about seeking help and resources.

SUPPORTING BLACK AND LATINO YOUTH

Black and Latino adolescents are disproportionately affected by HIV and STDs. Although Black adolescents were 15 percent of the adolescent population aged 13–19 in the United States in 2010, they accounted for 69 percent of all diagnoses of HIV infection among adolescents.[83] In 2010, more Latino adolescents than white adolescents were diagnosed with HIV even though there were three times as many white adolescents as Latino adolescents in the United States at that time.[84] In addition, Latino high school students are less likely to use a condom when having sex (54.9%) compared to their Black (62.4%) and white (63.3%) counterparts.

Black and Latino youth whose parents talk to them about sex are less likely to engage in risk behaviors that are associated with HIV and STDs. A study of Black and Latina adolescent females demonstrated that parent-child communication about sex was associated with reduced sexual risk-taking behavior, including fewer instances of sex without a condom.[85] Conversely, parents who do not talk to their children about sex or who do so in a negative or shaming manner can have negative impacts on their children's behavior. One study of Black and Latina mothers found that communication about sex that focused on morals and restrictions encouraged daughters to conceal sexual and romantic relationships from their mothers.[86]

State education agencies and school district leaders can contribute to reducing the risk for Black and Latino students by consciously creating a culturally supportive environment. This may include adopting evidence-based curricula that serve the needs of Black and Latino youth. School staff can ensure that they are well-informed on the unique challenges navigated by Black and Latino students, such as racial discrimination and stereotyping. School staff can be aware of their own biases related to working with diverse populations and work to overcome them. In addition, school staff can provide culturally specific resources to parents that provide strategies for how parents can contribute to reducing their children's risk taking behavior. Such resources, such as those outlined below, may assist parents and practitioners with concrete strategies for how to support HIV and STD prevention for Black and Latino youth.[87]

RESOURCES

Parent-Adolescent Communication about Sex in Latino Families: A Guide for Practitioners

The National Campaign to Prevent Teen and Unplanned Pregnancy

This resource provides guidance for practitioners, teachers and expert school professionals on advising Latino families on talking to their children about sex. The resource includes guidance on how, when and how often parents should talk to their children about sex, and provides information on improving parental monitoring and supervision practices. Because the resources is addressed specifically to practitioners, it can be used by school professionals to guide and encourage families to engage in conversations at home to supplement their children's in-school sexuality education.

Salud y éxito

EDC

This resource is a culturally tailored audio-based health curriculum designed to help Latino parents support their children's health, including reducing early sexual risk taking. The curriculum uses role model stories to help parents monitor their children and set rules, communicate proactively, and navigate conversations about sensitive topics such as sex. Salud y éxito is available in both English and Spanish so it may be especially useful for engaging parents who are English language learners. Resources that are designed specifically for use by parents can be shared at parent-teacher conferences, PTA meetings, events, and through communications home.

Healthy Futures

EDC

This resource is a parent education program specifically designed for African American families, which uses culturally relevant stories and examples to teach parents how to support their children to make healthy choices about sex.

Families Talking Together

The Center for Latino Adolescent and Family Health

This resource provides videos for Latino parents on topics such as pregnancy prevention, talking to teens about sex, monitoring and supervising, and parent perspectives on approaching conversations about HIV/STD prevention. While this resource is useful for all families, it may be particularly useful for Latino families as the materials are provided in Spanish as well as English.

SUPPORTING YOUTH AT THE INTERSECTION

LGBT youth of color are at greatest risk of HIV/STD infection. Young Black and Latino gay and bisexual men, in particular, are at high risk for HIV and STD transmission. From 2005 to 2014, HIV diagnoses increased among young Black and Latino gay and bisexual men (aged 13 to 24) increased by 87%.[88,89] In one study of Black and Latino men who have sex with men, aged 15-22, the HIV prevalence was 16% for black participants and 6.9% for Latino participants, compared with 3.3% for whites, despite riskier sex and drug-use behaviors being reported by whites.[90] Young Black and Latino gay and bisexual men also face a large number of social and psychological issues that increase their risk. HIV prevention strategies that seek to reach this population should address the host of social and psychological risk factors experienced by LGBT youth of color, as well as addressing sexual risk taking specifically.

The resources below may support state education agencies and school district leaders in creating a supportive environment for LGBT youth of color and their parents. This may include training school personnel in meeting the distinct needs of LGBT youth of color, ensuring that school policies address harassment related to both race and sexual orientation, and creating safe spaces at school for LGBT youth of color to support one another.

RESOURCES

The Impact of Homophobia and Racism on GLBTQ Youth of Color

Advocates for Youth

This fact sheet provides information on the specific impacts of the combined factors of racism and homophobia on GLBTQ youth of Color. It includes a section that addresses the impacts of racism and homophobia on negative sexual outcomes for GLBTQ youth of color. This resource can be used by state education agencies and district leaders as part of a training program for school staff on supporting GLBTQ youth of color. It can also be distributed by school staff directly to parents to provide education on the risk factors facing this specific population.

Working with LGBT Students of Color: A Guide for Educators

GLSEN

This guide is geared towards educators to support conversations with LGBT youth of color, as well as general discussions of issues of prejudice, discrimination, and oppression facing this population. The document is organized around challenges associated with supporting LGBT youth of color and tips for overcoming them, including how to affirm complex identities, support student resilience, and intervene and prevent bullying and harassment.

APPENDIX I
ABOUT THIS TOOLKIT

The American Psychological Association developed the resource: *Engaging Parents as Partners in Adolescent HIV/STD Prevention: A Toolkit for School District Leaders and School Professionals* with the support of Sharp Insight, LLC. The toolkit was developed with input from APA's Safe and Supportive Schools Project, which promotes the establishment of safe and supportive environments for middle and high school students as an approach for preventing HIV and other sexually transmitted infections among adolescents.[91] Many of the Safe and Supportive Schools Project's key stakeholders provided input and feedback on this toolkit including: the Centers for Disease Control and Prevention's Division of Adolescent and School Health (DASH), APA staff and expert members, parent engagement experts, state education agency partners, and non-governmental partner organizations.

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Riley Steiner, MPH
Centers for Disease Control and Prevention, Division of Adolescent and School Health

Kathy Plomer, MPH
ETR Associates

Tracy Wright, MAEd
ETR Associates

Joyce Epstein, PhD
Johns Hopkins University, Center on School, Family, and Community Partnerships

APA Staff

Clinton W. Anderson, PhD

Lacey Rosenbaum, PhD

APA Staff Steering Committee Members

Tanya Burrwell

Rena Subotnik, PhD

Alberto Figueroa-Garcia, PhD

Lauren Fasig Caldwell, JD, PhD

Julia da Silva

Keyona King-Tsikata

Tiffany Townsend, PhD

Emily Chesnes

Leo Rennie

Maie Lee

Partner Organization Liaisons

Libby Nealis
School Social Worker Association of America

Jill Cook
American School Counseling Association

Mary Beth Klotz
National Association of School Psychologists

Beverly Bradley, RN, PhD, FNASN
National Association of School Nurses

David Kaplan, PhD
American Counseling Association

APPENDIX II
RESOURCE MATRIX

Engaging Parents in School-Based HIV/STD Prevention Activities

RESOURCE NAME	RESOURCE TYPE				KEY AUDIENCE(S)		
	Research documents and fact sheets	Practical tools for use and/or adaptation	Sample policies and approaches	Special populations	School staff	State and district staff	Parents
Communicating with parents about HIV/STD prevention services and programs							
Sample Parent Notification Letters and Brochures	X				X		
ParentCamp: The Unconference to Build Family, School and Community Partnerships			X		X	X	
Family-School Relationships Survey		X			X		
Parent Action for Healthy Kids			X				X
Communicating with parents about preventing bullying and sexual harassment, including electronic aggression							
Understanding the Roles of Parents and Caregivers in Community-Wide Bullying Prevention Efforts	X	X			X	X	X
Resources about Cyberbullying for Parents	X	X			X		X
KnowBullying Prevention App		X					X
Involving parents as school volunteers for health education							
Involvement Schools, Parents & You: A Training Manual for Parent Involvement		X			X	X	
Volunteer Interest Survey (English and Spanish)		X			X		
Engaging parents in developing/implementing school health policies and programs							
Resources for Developing a School Health Advisory Council		X			X	X	
Health Education Curriculum Analysis Tool		X			X	X	X
A Parent's Guide to Understanding Sex Education in Your School: 2017 Toolkit		X					X
Serving on Groups		X			X	X	X

Engaging Parents to Support HIV/STD Prevention Outside of School

RESOURCE NAME	RESOURCE TYPE				KEY AUDIENCE(S)		
	Research documents and fact sheets	Practical tools for use and/or adaptation	Sample policies and approaches	Special populations	School staff	State and district staff	Parents
SUPPORTING PARENT-ADOLESCENT COMMUNICATION **Encouraging parent-adolescent communication about sex**							
Talking with Your Teens about Sex: Going Beyond "the Talk"	X	X			X		X
Parent Sex Ed Center		X			X		X
Talking to Kids About Sex and Sexuality		X			X		X
THRIVE App		X					X
Promoting parental monitoring of adolescents' behaviors							
Monitoring your teen's activities: What parents and families should know	X	X			X		X
What should I teach my high school-aged teen about personal safety?		X			X		X
Monitor Your Teen	X	X			X		X
SUPPORTING LEARNING AT HOME **Engaging parents and students in health education activities at home**							
Family Activities to Promote Parent-Child Connectedness		X			X		X
Health Promotion Programs for Educators and Schools		X			X		X
Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum		X			X		X
FACILITATING CONNECTIONS TO HEALTH CARE **Supporting parents to ensure their children have access to high quality HIV/STD prevention services**							
Establishing Organizational Partnerships to Increase Student Access to Sexual Health Services		X			X	X	
Model Joint Use Agreement Resources			X		X	X	
Characteristics of Youth-Friendly Clinical Services		X			X		X
Adolescent Health Services and One-on-One Time with a Healthcare Provider: An Info Brief for Parents of Teens	X	X			X		X

Engaging Parents of Youth at Greatest Risk for HIV/STDS

RESOURCE NAME	RESOURCE TYPE				KEY AUDIENCE(S)		
	Research documents and fact sheets	Practical tools for use and/or adaptation	Sample policies and approaches	Special populations	School staff	State and district staff	Parents
Supporting LGBT Youth							
A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children	X	X		X	X		X
Family Education Booklets	X	X		X			X
Parents and Friends of Lesbians and Gays		X		X	X		X
Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth		X		X	X		X
Gender Spectrum		X		X	X		X
Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know	X	X		X	X		X
Supporting Black and Latino Youth							
Parent-Adolescent Communication about Sex in Latino Families: A Guide for Practitioners		X		X	X		X
Salud y éxito		X		X			X
Healthy Futures		X		X			X
Families Talking Together		X		X			X
Supporting Youth at the Intersection							
The Impact of Homophobia and Racism on GLBTQ Youth of Color		X		X	X		
Working with LGBT Students of Color: A Guide for Educators		X		X	X		

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